



Grant County Health Dept

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Fireworks Safety

The Fourth of July can be a fun time with great memories. But before your family celebrates, make sure everyone knows about fireworks safety.

If not handled properly, fireworks can cause burn and eye injuries in kids and adults. The best way to protect your family is not to use any fireworks at home. Attend public fireworks displays, and leave the lighting to the professionals.

If you are planning on using fireworks, be sure to check with your local police department first. If they're legal where you live, keep these safety tips in mind:



- ✖ Kids should never play with fireworks. If you give kids sparklers, make sure they keep them outside and away from the face, clothing, and hair. Sparklers can reach 1,800° Fahrenheit (982° Celsius) — hot enough to melt gold.
- ✖ Buy only legal fireworks (legal fireworks have a label with the manufacturer's name and directions; illegal ones are unlabeled), and store them in a cool, dry place. Illegal fireworks usually go by the names M-80, M100, or blockbuster. These explosives were banned in 1966, but still account for many fireworks injuries.
- ✖ Always use fireworks outside and have a bucket of water and a hose nearby in case of accidents.
- ✖ Never throw or point fireworks at someone.
- ✖ Don't hold fireworks in your hand or have any part of your body over them while lighting. Wear eye protection.
- ✖ Point fireworks away from homes, and keep away from brush and leaves and flammable substances. The National Fire Protection Association estimates that local fire departments respond to more than 50,000 fires caused by fireworks each year.
- ✖ Light one firework at a time (not in glass or metal containers), and **never** relight a dud.
- ✖ Soak all fireworks in a bucket of water before throwing them in the trash can.
- ✖ Eye injury from fireworks-
 - Immediately seek medical attention — **your eye sight may depend on it.**
 - Do not touch or rub the eye,
 - Do not flush the eye out with water or attempt to put any ointment on it.
- ✖ If it's a burn, remove clothing from the burned area and run cool, not cold, water over the burn (do not use ice). Call your doctor immediately.

The mission of the Grant County Health Department is to promote the health and wellness of ALL residents of Grant County.

Websites

- ▶ Visit the Grant County website at www.co.grant.wi.gov for more information on Grant County services.
- ▶ Visit the Wisconsin Immunization Registry (WIR) website www.dhswir.org for information on your immunizations.
- ▶ Visit www.grantcountyhospice.com for information on the Hospice Program.

Breakfast is Brain Food

What happens when we don't supply our brains with enough energy for the day? We tend to become irritable, tired and even develop headaches. To avoid these things, the best solution is to make sure our body has the calories and nutrients it needs to help us think clearly throughout the whole day. The best place to start is with breakfast.

Breakfast means "to break the fast." When we wake up in the morning, it has been eight hours or more since the last time we've eaten any food. Our body needs the "fuel" from breakfast to get it going again.

A healthy breakfast can improve our ability to concentrate on our morning tasks. This is especially important for school age children. Teachers often report that children who don't eat breakfast become restless and inattentive by late morning.

Breakfast is important for everyone because it can provide about one fourth of our daily calories and nutrients. A nutritious breakfast is exactly what a growing child or teenager needs. Without it they are unlikely to make up this nutritional loss through other meals and snacks during the day.

Are your mornings busy?? Try Grab-n-go breakfasts!

If your mornings are busy, look for quick breakfast ideas. Some easy breakfast meals can even be made the day before. If you have little time, take some grab-n-go foods to eat later.

- Crackers
- Dry cereal
- Fresh fruit, dried fruit, or 100% juice boxes
- Yogurt
- String cheese
- Hard-cooked eggs
- Sandwiches
- Trail mix



Brought to you by Donna Peterson, Nutrition Educator and Coordinator in Grant and Iowa County with UW-Extension. (phone: 608-930-9856).

UW
Extension

WIC & Health Check Clinics

*(Immunizations given at all these clinics)
(Flu Shots also available at all clinics.)*

Jun 12th—Cuba City St Rose -
Mazzuchelli Hall - 9:30am to 3:30pm

Jun 19th—Late Lancaster Schreiner
Memorial Library - 12:00pm to 6:30pm

Jun 21st—Platteville Lutheran Church
of Peace—9:00am to 3:30pm

Jul 5th—Platteville Lutheran Church of
Peace—9:00am to 3:30pm

Jul 10th—Boscobel United Methodist
Church—9:30am to 3:30pm

Jul 11th—Fennimore United Methodist
Church - 9:00am to 3:30pm

Jul 17th—Cuba City St Rose -
Mazzuchelli Hall - 9:30am to 3:30pm

Jul 18th—Late Boscobel Tuffley Center
- 2:00pm to 6:30pm

Jul 19th—Platteville Lutheran Church
of Peace—9:00am to 3:30pm

Jul 24th—Lancaster Schreiner Memorial
Library—9:00am to 3:30pm

Jul 25th—Bloomington West Grant
Rescue Squad Bldg—9:00am to 3:30pm



Grant County Health Dept
will be closed on July 4th.

What did You Say?

Hearing is one of the five senses that allow us to experience our surroundings. However, hearing can be damaged resulting in hearing loss. Most commonly hearing loss occurs over time from repeated exposure to loud sounds. Nearly half of people older than 60 years of age have hearing loss. However, hearing loss is not only a problem of older adults. 50% of persons between the ages of 12 and 35 could be exposed to unsafe sound



levels from personal audio devices (listening to music through earbuds). An estimated 2.5 million people aged 12-19 have ringing in the ears (tinnitus) a sign of hearing damage.

Hearing loss can be temporary or permanent, depending on the level of damage. When the sound is louder, there is less time needed to cause hearing loss. Longer exposure to loud sounds increases the risk for hearing loss. Sound is measured in decibels. With maximum volume turned up on earbuds or headphones, listening to a very loud radio or tv, or attending a rock concert the average sound level is 105-110 decibels. At this level hearing loss could start to occur in less than 5 minutes!

To protect from loud noise-related hearing loss:

- Avoid noisy places whenever possible.
- Keep the volume low when using earbuds or headphones.
- Use earplugs or earmuffs when around loud noises (mowing the lawn, at concerts, etc.).
- Have your hearing checked if hearing loss is suspected.

Source: Center for Disease Control & Prevention

The Lowdown on STDs

Sexually Transmitted Diseases (STDs) are generally spread through sexual contact. Sexual contact includes vaginal, anal, and oral sex. Some examples of STDs include chlamydia, herpes, gonorrhea, HIV (Human Immunodeficiency Virus), syphilis, or HPV (Human Papillomavirus).

Many STDs do not cause symptoms, and it is important to be vigilant about STD prevention. Depending on the disease, serious health consequences can occur, like pelvic inflammatory disease, infertility, warts, or cancer in extreme cases, if left untreated.

What you can do to prevent the transmission of STDs:

- Use a latex condom the right way every time during vaginal, anal, and oral sex.
- Abstinence, not engaging in any sexual contact.
- Vaccines are available that protect against both hepatitis B and HPV.
- Mutual monogamy, where you and your partner agree to be sexually active only with each other.

Many sexually transmitted diseases can be cured or managed. It is important to seek routine testing if you are sexually active.

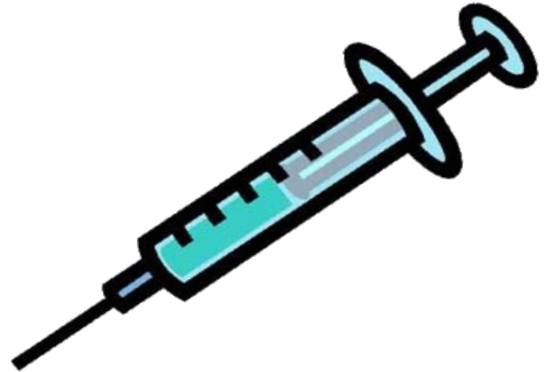
Source: <https://www.cdc.gov/std/>

Get Vaccinated Before You Start Gardening

Vaccinations can prevent many diseases and save lives. All adults should get a tetanus vaccination every 10 years. Tetanus lives in the soil and enters the body through breaks in the skin. Because gardeners use sharp tools, dig in the dirt, and handle plants with sharp points, they are particularly prone to tetanus infections.

- Before you start gardening this season, make sure your tetanus/diphtheria (Td) vaccination is up to date.
- Ask your health care provider if you need any other vaccinations.

Source: CDC



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